

POWERFUL TOOLS FOR CAREGIVERS

Managing Stress and Improving Self-Care



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together



FEELING OVERWHELMED?

- Caring for someone with illnesses such as dementia, heart disease, Parkinson's disease, stroke, or chronic cancer can be stressful physically, emotionally, and financially.

JOIN OUR NEXT COURSE!

- Thursdays
March 17th - April 21st
Either on Zoom or in-person at the
Office for the Aging

Tompkins County Office for the Aging 214 W. MLK Jr. / State St. Ithaca, NY 14850

Call us to Register! 607 - 274 - 5486